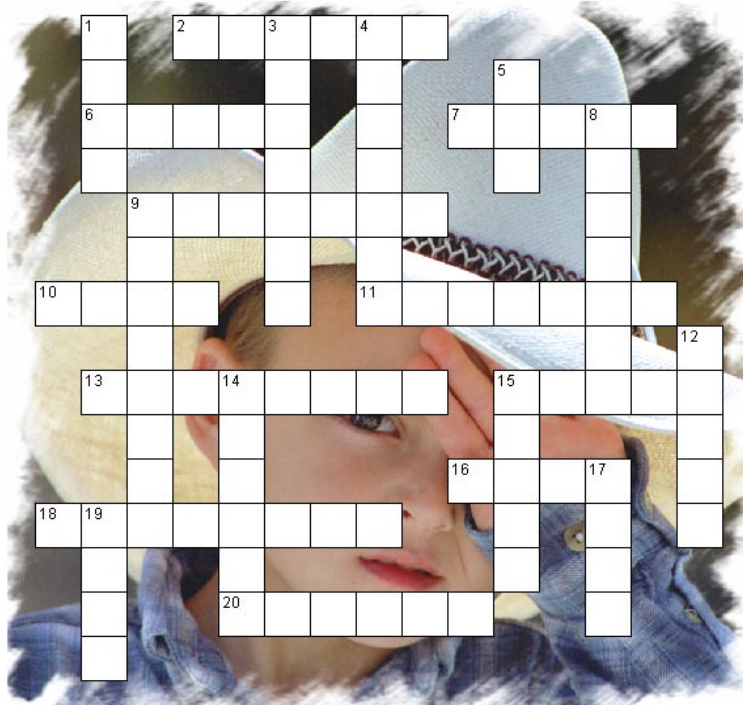


Crossword Puzzle

Man in God's Creation

- Lesson Sixteen -

Care of the Body (1)



Across

Down

- | | |
|--|---|
| 2. A ____ diet is a balanced diet. | 1. God desires that we take care of our bodies in the ____ way. |
| 6. ...wash the dirt and ____ off... | 3. Caring for our bodies on the ____. |
| 7. When we ____ animals... | 4. One of the ____ things we can do... |
| 9. He ____ that we take care of our bodies in the best way. | 5. ____ desire that we take care... |
| 10. One of the easiest things we can do is ... ____ our hands. | 8. ...it is very easy for dirt to ____. |
| 11. ...fingernails should be kept ____. | 9. ...cavities or ____ of the gums. |
| 13. Brush your teeth to avoid ____. | 12. We should brush our ____. |
| 15. We do this when we ____. | 14. Caring for our bodies on the ____. |
| 16. ...cavities or diseases of the ____. | 15. We should ____ our teeth... |
| 18. ...bodies as clean as ____. | 17. Washing our hands can help keep us from getting ____. |
| 20. ...avoid ____ large amounts of junk foods. | 19. God actually ____ our bodies. |

I. Overview.

In this lesson we will see how we should take care of our bodies. We should care for our bodies on the outside with the proper cleanliness and on the inside with proper eating. One important thing for us to know about our bodies is that they are not our own. Our bodies actually belong to God.



We need to take care of our bodies on the inside and on the outside.

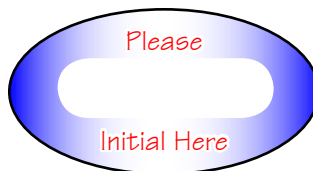
Because our bodies belong to God, we are like the keeper of our bodies, the ones who must take care of our bodies. We should always respect our bodies and never do anything to damage our bodies. One way we can take care of our bodies is to practice good cleanliness. Cleanliness is a big part of caring for our bodies on the outside. Because we live in a world that is actually quite dirty, we need to take special care to keep our bodies clean. We will consider several ways that we can do this. Furthermore, we need to take care of what we eat in order to care for our bodies on the inside.

II. Memory Verse.

“Or do you not know that your body is a temple of the Holy Spirit ... and you are not your own.”

(1 Cor. 6:19)

Parent's Initials:



III. Lesson.

God actually owns our bodies. He desires that we take care of our bodies in the best way. We should take care of them on the outside by maintaining the proper cleanliness and on the inside by eating properly.

Caring for Our Bodies on the Outside

We should always pay attention to keeping our bodies as clean as possible. This is to take care of our body on the outside. One of the easiest things that we can do to take care of our bodies on the outside is to wash our hands. Our hands touch all kinds of dirty things. When we touch animals, our hands can become covered with all kinds of germs. Washing our hands can keep us from getting sick. Another way to care for our cleanliness is to wash the dirt and sweat off our bodies often. We do this when we bathe.

Our fingernails should be kept properly trimmed and cleaned. It is very easy for dirt to collect under our fingernails. Our hair should be combed neatly and kept clean. Also we should take the best care of our teeth. We should brush our teeth at least twice a day so that we don't get cavities and diseases of the gums.

Caring for Our Bodies on the Inside

The most important thing that we can do to take care of our bodies on the inside is to eat properly. A proper diet is a balanced diet. This means that we do not eat too much of any one thing. Our parents will do their best to help with this.



God provides a rich variety of healthy foods for us to eat.

One big thing that we can do is to avoid eating large amounts of junk foods. Junk foods are things like packaged snacks, candies, ice cream and potato chips. This does not mean that we cannot have these things, but that we should not eat too much of them.

When we sit at the table to eat, we should keep a pleasant atmosphere so that everyone may enjoy eating the meal together. We should not eat too fast. We should chew our food properly and with our mouth closed. We should also do our best to try to eat new things. Many times we only think that we won't like a new food because we haven't tried it. When we try it, often we will like it. God wants us to enjoy eating properly.

--- Questions for Discussion ---

1. Who does our body actually belong to?

2. Name some ways that we can take care of our body on the outside?

3. How do we care for our body on the inside?

4. What is a balanced diet?

